

WHAT IS WELLNESS?

Wellness is about your physical and emotional health, your sense of financial security, your connections with others and your community, and how fulfilled you feel in your work. Wellness is not about sacrificing in one area in order to succeed in another. It's about finding a balance between all of these dimensions – caring for the whole you.



The Postal Service is committed to the well-being of its employees by building a culture that inspires employees to become more responsible for their health. Our mission is to support the overall well-being of our employees, retirees and their families through awareness, education and access to better health options.

For more information visit liteblue.usps.gov/wellness or contact the team at healthandwellness@usps.gov



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ON THE JOB WELLNESS:

Simple Ways To Stay Balanced

USPS Letter Carriers

Your Well-being is Our Priority



STAYING FUELED

As a letter carrier, your career requires you to be on your feet and active throughout the day. It is important to know how to fuel your body for 8 hours of delivering mail.



Whatever your method of mail delivery is, here are a few simple tips to help keep your body fueled for a long day:

- Not fueling up before work is like driving a car on empty. Eating healthy carbohydrates such as whole-grain cereals, whole-wheat toast, low-fat or fat-free yogurt and fruits and vegetables will power you up for the day.
- During the day eating three to four small meals (200-400 calories) can help your body stay energized for a longer period of time than having three large meals a day.
- Healthy small snacks to have on hand during the day include nuts, fruits and vegetables, granola bars and energy bars.
- After your shift, refuel your tank. You burn a lot of calories during the day, so recharge with healthy carbohydrates, protein and lots of water.

For more information on healthy meals and snacking visit https://www.cdc.gov/healthyweight/healthy_eating/meals.html.

ON THE GO H₂O

The average person has 2.6 million sweat glands, which are triggered when the body is trying to cool itself. When we sweat, the body loses vital electrolytes and water. As a letter carrier, it is extremely important to monitor your water intake throughout the day.

The Institute of Medicine recommends that an adequate intake of water a day for men is roughly 13 cups (3 liters) and for women is 9 cups (2.2 liters).



For electrolyte replacement, consider plain water over high-calorie, high-sugar sports drinks. Letter carriers that eat regular meals and salt-containing snacks will usually be able to replace electrolytes lost during sweating.

One way to avoid injury is to stretch. While you're taking your water or snack break, take a minute to stretch out as well. Stretching can help you avoid strains and sprains.

Check out our new **Carrier Stretching Video** to help you avoid strains and sprains!



PROTECTING & PREVENTING SKIN CANCER

According to the Centers for Disease Control (CDC), skin cancer is the most common cancer in the U.S. with 63,000 new cases each year. Ultraviolet (UV) exposure is the most common cause of skin cancer.



Unlike other types of cancer, skin-cancer rates are climbing. Here are a few tips to protect yourself in both the summer and winter from the harmful rays of the sun:

- Plan ahead so you can prepare for your day outdoors.
- Use broad spectrum (UVA and UVB protection) sunscreen SPF 15+ to protect any exposed skin.
- Use a moisturizer that has SPF in it.
- Reapply sunscreen every 2 hours or after sweating or towel drying.
- Wear a hat, sunglasses or lightweight long-sleeved clothes to protect against the sun.

For more information on skin cancer visit <https://www.cdc.gov/cancer/skin>.